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### Experimental College offers fun short classes

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The University of  
**Montana**

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## **NEWS RELEASE**

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Oct. 5, 2000

**Contact:** Lisa Chubb, student coordinator, Experimental College, 243-5082 or 243-6075.

### **EXPERIMENTAL COLLEGE OFFERS FUN SHORT CLASSES**

#### **MISSOULA-**

Always had the urge to learn tango, swing or belly dancing? Do you fancy yourself becoming a stock market success story? Or crave stress-reducing skills like Swedish massage or yoga for the hands?

The Experimental College at The University of Montana is offering short, inexpensive classes on these and other topics.

Beginning in October and November, these evening classes will be held on campus. They are open to students, staff, faculty and the general public. Those who register at least seven days in advance will receive a \$2.50 discount. To register, visit or call the University Center Box Office at 243-4999.

For more information, visit the Experimental College Web site at [www.umt.edu/uc/college](http://www.umt.edu/uc/college).

Classes are:

Swedish Massage -- 6:30 to 8:30 p.m. Oct. 9 and 11. Professional masseuse Tara Lee Leonard will teach the basic strokes and techniques of Swedish massage. This is a hands-on course, but you don't need a partner. Bring a pillow and two sheets to class, as well as massage oil and a swimsuit if you like. The cost is \$27.50 with a Griz Card and \$32.50 without.

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Basic Tango Dancing -- 7 to 9 p.m. Oct. 16, 18, 23, 25 and 30. Dance instructor Christopher Gawelko will teach the basics of this popular dance, including fans, corté dips and pivots. Moves specific to "leads" (usually men) and "follows" (usually women) will be taught, and students are encouraged to sign up in pairs. Gawelko has taught dancing at hotels in New York City, Bermuda and Hamilton. The cost is \$33 for singles or \$57 for pairs with a Griz Card and \$40 for singles or \$67 for pairs without.

Football for Dummies -- 7 to 9 p.m. Oct. 17 and 19. Mike McKee will provide an overview of the rules of the game and other information designed to help the average spectator understand football. McKee has a master rating from the Montana Officials Association. The cost is \$22.50 with a Griz Card and \$27.50 without.

An Introduction to Belly Dancing -- 7:30 to 9 p.m. Oct. 19 and 26 and Nov. 2. Ann Higgins, known in local dance circles as Aniyssa, will introduce beginners to the ancient art of belly dancing. Students will learn simple stretches, isolations and belly dancing movements. Higgins has more than 30 years of dance experience. The cost is \$25.50 with a Griz Card and \$30.50 without.

Basic Swing Dancing -- 7 to 9 p.m. Nov. 1, 8 and 15. Christopher Gawelko will teach class participants how to swing with style. Sign up in pairs. The cost is \$25.50 for singles or \$42 for pairs with a Griz Card and \$30.50 for singles or \$53 for pairs without.

Dance Improvisation -- 7 to 8:30 p.m. Nov. 6 and 8. Dancer Stacy Jacobsen will present a deep exploration of movement that extends a technical vocabulary for dance composition through self-exploration. Students must be willing to participate in group exercises. The cost is \$23.50 with a Griz Card or \$28.50 without.



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Yoga for the Hands -- 6 to 9 p.m. Nov. 14. Instructor Ann Bell will show the class how to practice Hindu hand mudras, a meditative process sometimes described as yoga for the hands. These moves focus and quiet the mind before and after meditation, enhancing relaxation and mindfulness. This one-night class will include instruction on more than 30 mudras and a spiritual meaning for each. The cost is \$21.50 with a Griz Card or \$26.50 without.

Poetry Workshop -- 7 to 9 p.m. Nov. 14, 21 and 28 and Dec. 5. This four-day intensive writing workshop focuses on critiquing student poems. Students should bring poems ready to be reviewed. The instructor is Nils Michals. The cost is \$24.50 with a Griz Card or \$29.50 without.

Presenting Photos -- 6 to 9 p.m. Nov. 16. Ever wonder about the best way to present all those photos you've collected over the years? Kathy Eyster will share a variety of ways to display photos, from traditional mats to playful projects like notecards and magnets. Students should bring several photos with them, including one 8 x 10 and several 4 x 6s. The cost is \$20.50 with a Griz Card or \$25.50 without.

Stock Market Investing -- 7 to 9 p.m. Nov. 27 and 29 and Dec. 4 and 6. Accountant and bookkeeper Jay Wagner will show participants how to get a better return on their savings by learning about those numbers on the financial page. Students should bring an IBM-formatted disk to class to receive free software. The cost is \$24.50 with a Griz Card or \$29.50 without.

Basic Guitar -- 7 to 9 p.m. Nov. 29 and Dec. 6 and 13. Professional guitar instructor James Wallace will offer a crash course for beginners, who will swiftly move from technique fundamentals to chords to accompaniment styles. Along the way, students will learn to play



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several popular tunes. Bring a guitar. The cost is \$26.50 with a Griz Card or \$31.50 without.

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